Good News for Homemakers

Exercise vs. weight

By SHIRLEY W. WALTON
Extension Agent

Would you rather be fat, happy and lazy than spend your life doing calisthenics, bowling, bicycling, walking or jogging? How about setting up a long-term program of regular, easy exercises for effective weight control. If your life style is the sedentary kind, you can try to get more milage out of your daily routine. Nutritionists from the U.S. Department of Agriculture suggest that we try little ways to increase our activity, such as the following:

1. Use the stairs instead of an elevator when shopping or traveling.
2. Walk or bicycle as much as possible instead of driving. In the wintertime, be extra cautious when doing either on icy road conditions.
3. Get off the bus (in town) one stop early and walk the rest of the way.
4. Park at the front end of the parking lot and walk the rest of the way to get where you are shopping.
5. Avoid the drive-in window at the bank. Walk inside instead, provided the bank is open. This also will give you an opportunity to socialize with a friendly hello to the nice bank employees we have here.
6. Stand rather than sit while talking on the phone. Believe it or not, this will burn up more calories and cut down on the phone bill, too. You won't have a tendency to talk quite as long.
7. Take a short walk at lunch-time, but you don't have to have a snack when you return.
8. Take advantage of your household chores. Push the vacuum cleaner a little harder; mop the floor more vigorously - - You will burn up more calories.
9. Try doing some exercises while you watch TV and no napping while you are sitting down.
10. Do anything but sit still. Every extra move burns up some calories. Enjoy doing some handwork or working on something while you are sitting. Forget the advice our parents used to give us when we were little, "Sit still and stop squirming."

Aside from knocking off some weight and burning up some extra calories, nutritionists claim that regular exercise can develop endurance, increase agility, improve posture, relieve tension, reduce high blood pressure and help prevent some degenerative diseases. With regular exercise, you will find that you are more alert by day and that you will sleep more soundly at night.

Let me remind you of the Diet, Exercise and Behavior Modification Class that will begin on January 18, 1983 in the District Extension Office Auditorium from 10:00 to 11:30 each Thursday morning. If you are interested in enrolling in this program, you may call 352-8244 or you may write us at P.O. Box 488, Appomattox, VA 24522. There is no cost for this program.

Best wishes for each of you and your families as you start 1983. If you have a homemaking question or problem, you may call us or write at the location listed above.

Have a good week!

RECIPE OF THE WEEK
Cheesecake Bars

1 (12) oz.) pkg. butterscotch or chocolate morsels
⅓ cup margarine or butter
2 cups graham cracker crumbs
1 cup chopped nuts
1 (8-oz.) pkg. cream cheese, softened
1 (14-oz.) can sweetened condensed milk (NOT evaporated milk)
1 teaspoon vanilla extract
1 egg

Preheat oven to 350° (325° for glass dish). In medium saucepan, melt morsels and margarine; stir in crumbs and nuts. Press half the mixture firmly onto bottom of greased 13 x 9-in. baking pan. In large mixer bowl, beat cheese until fluffy; beat in condensed milk, vanilla and egg. Mix well. Pour into prepared pan; top with remaining crumb mixture. Bake 25 to 30 minutes or until toothpick inserted near center comes out clean. Cool to room temperature; chill before cutting into bars. Refrigerate leftovers.

Ronald Bryant is sergeant

Ronald W. Bryant, son of Shirley R. Bryant of 807 Whitney Ave., Roanoke, Va., and Garland R. Bryant of Route 646, Concord, has been appointed a sergeant in the U.S. Air Force.

The new non-commissioned officer completed training in management, in leadership, human relations and NCO responsibilities, before being awarded this status.

Bryant is a weapons specialist at Blytheville Air Force Base, Ark., with the 97th Missile Maintenance Squadron.

He is a 1974 graduate of Lord Botetont High School, Dallville, Va.

Con$umer ene note$

Managing your money

By OCIE M. MACK
Extension Agent

As we stand at the beginning of a new year, perhaps this is the time to contemplate the state of our personal finances, and make a resolution to manage your finances better in the coming year.

Businesses follow a strategic plan for purchasing. Wise families and individuals should have a strategy for buying, too. A good plan, with careful timing, is the key to getting the best purchases for your money.

Some costs are easier to control than others. Little can be done to trim rent or mortgage costs. It is possible, however, to tighten the budget for food, clothing and energy purchases.

To help you make a plan, here are tips on the time some items are usually on sale, and when to start some do-it-yourself household maintenance projects. By making a good plan and following it, you can tighten the budget and get the most from your resources.

January and February - - After Christmas sales on Christmas decorations, cards, etc. Sales on winter clothing, hosiery and bed linens.

March - - There are sales on winter clothing, housewares, garden supplies, tires, luggage, skiing equipment. Get an early start on preparing income tax returns. Start flower and vegetable seeding indoors.

April - - There are after-Easter and spring sales on most clothing, women's shoes, lingerie and hosiery, sleepwear, fabrics, housewares, paint and repair supplies, and garden items. Finish indoor maintenance. Inspect roof, chimney, outside walls, drains, gutters, downspouts, driveway and walks for needed maintenance.

May - - This is the time for Mother's Day sales and Memorial Day specials on lingerie, jewelry, handbags, televisions, paint, wallpaper, outdoor furniture, luggage, automobile tires and accessories. Clean, repair, paint and store storm windows. If replacements are needed, check now for sales. Clean, mothproof and store winter clothes.

June - - This month there are Father's Day, bridal and graduation gift sales on men's and boy's clothing, women's shoes, lingerie and hosiery, sleepwear, beddings, floor coverings, screens, storm gear and televisions. Consult the owner's manual on care of air conditioners and replace filters. Check libraries and parks for summer fun and study opportunities.

TIP - - You might want to try this simple, money-saving recipe for a product to clean windows, mirrors or painted surfaces.

For a concentrated product, add ½ cup suday ammonia, one pint isoprupyl alcohol, and 1 teaspoon detergent to a quart container. Fill with water.

For a regular cleaning product, add ½ cup suday ammonia, one pint isoprophyl alcohol and one teaspoon detergent to a two-quart container. Fill with tap water.

Apply the preparation with a spray bottle on the surfaces to be cleaned.

Martin is promoted

Jeffrey Alan Martin, son of Bennie and Dorothy Martin, has been promoted in the U.S. Air Force to the rank of Senior Airman.

Martin, a 1980 graduate of Appomattox County High School, is an aerospace Ground Equipment Mechanic specialist with the 317th Field Maintenance Squadron at Pope Air Force Base, N.C.

Wesley R. Stanley, Jr.

By USAF

Stanley honored

Wesley R. Stanley, Jr., the son of Mr. and Mrs. Wesley R. Stanley, Sr., of Lynchburg, and the nephew of Alice Stanley of Appomattox has completed Technical Training at Sheppard Air Force Base as a Honor Graduate.

In a letter to Stanley's parents, William T. Crafton, III, Colonel, USAF, said "Only a small percentage of students are able to meet the strict academic and military standards to attain this distinction, and Wesley's selection demonstrates his devotion to duty."

"Naturally, I am extremely proud of our students who exhibit such exemplary devotion to duty, especially when it reflects so favorable upon their families and the United States Air Force. I know the training and special distinction that your son has received here at Sheppard Air Force Base will be of great value in his service career as well as later in life," Commander Crafton added.

Stanley, a 1981 graduate of Heritage High School is stationed in Okinawa.

Joe Ford in legal program

Joseph M. Ford, Appomattox, is one of five Ohio Northern University students participating in a program providing legal services to poverty-level persons in Hardin County, Ohio.

The in-house clinic handles civil cases such as domestic relations, landlord/tenant disputes and debt collection defenses.

Students are supervised by Dr. John P. Christoff, assistant professor of law and director of clinical education at Ohio Northern.

Mr. Ford is a third-year law student in ONU's Pettit College of Law. He serves as head resident of one of ONU's eight residence halls.

Mr. Ford is the son of Mr. and Mrs. Paul F. Ford, Route 2, Box 149, Appomattox.

Menus

Appomattox Middle School

Wed., Jan. 5 - Corn dogs, macaroni and cheese, lima beans, milk.

Thurs., Jan. 6 - Sliced turkey, candied yams, green peas, hot roll, milk.

Fri., Jan. 7 - Batter dipped fish, cole slaw, mixed vegetables, peaches, hot roll, milk

Mon., Jan. 10 - Hamburger on bun, candied yams, green peas, milk.

Tues., Jan. 11 - Chicken pattie, whipped potatoes, string beans, fruit, hot roll, milk.

Wed., Jan. 12 - Pizza, buttered corn, apple sauce, milk.

Appomattox Primary School Menus- January, 1983

Wed., Jan. 5 - Chili beans, carrot & cabbage slaw, home baked roll, butter, mixed fruit, milk.

Thurs., Jan. 6 - Hamburger on bun, mixed vegetables, half orange, milk.

Fri., Jan. 7 - Tomato soup, grilled cheese sandwich, fruit, milk.

Mon., Jan 10 - Sausage pattie, lima beans, home baked roll, butter, apple sauce, milk.

Tues., Jan. 11 - Beefaroni, tossed salad, home baked roll, butter, fruit, milk.

Wed., Jan. 12 - Ham pattie, creamed potatoes, gravy, string beans, home baked roll, butter, jello, topping, milk.

Thurs., Jan. 13 - Hamburger on bun, corn on cob, peaches, milk.

Fri., Jan. 14 - Fish, Mixed greens, French Fries, half orange, milk.

Mon., Jan. 17 - Peanut butter & Jelly sandwich, winter mixed vegetables, macaroni & cheese, fruit, cookie, milk.

Tues., Jan. 18 - Pizza, tossed salad, home baked roll, butter, peanut butter cookie, milk.

Wed., Jan. 19 - Turkey with gravy, green peas, candied yams, home baked rolls, butter, milk.

Thurs., Jan. 20 - Hamburger on bun, French fries, string beans, pudding, milk.

Fri., Jan. 21 - NO SCHOOL - Teachers' Workday

Mon., Jan. 24 - Hot dog on bun, French fries, string beans, cake and sauce, milk.

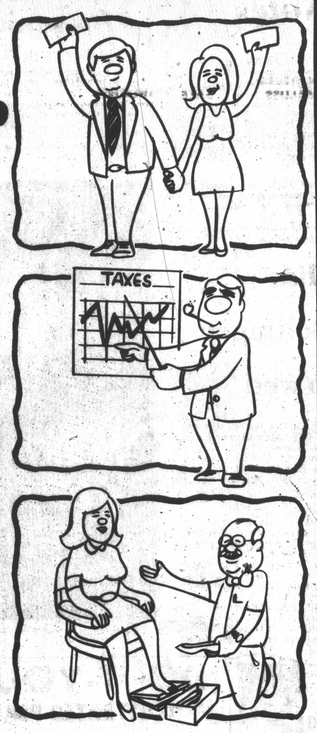
Tues., Jan. 25 - Spaghetti, tossed salad, mixed fruit, home baked roll, butter, milk.

Wed., Jan. 26 - Vegetable soup, bologna sandwich, apple sauce, milk.

Thurs., Jan. 27 - Hamburger on bun, mixed vegetables, fruit, milk.

Fri., Jan. 28 - Fish, French fries, greens, home baked rolls, butter, milk.

Mon., Jan. 31 - Chicken pattie, creamed potatoes, gravy, buttered carrots, home baked roll, butter, jello, milk.



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Better jobs.
Lower taxes.
Better selection of goods.

More money spent locally means more and better jobs for everyone. The more our community prospers, the more everyone living and working here prospers. And the more people we have making more money, the greater our tax base becomes, lessening the individual tax load for everyone. There's a big extra plus when you shop at home, too: The more you shop at home, the better our local merchants do. The more business they do, the more goods they begin to order. And the more goods ordered by local merchants, the better selection you have. When you shop at home, you're doing yourself a favor.

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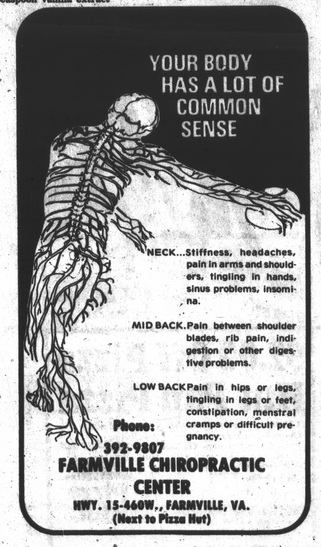
YOUR BODY HAS A LOT OF COMMON SENSE
NECK...Stiffness, headaches, pain in arms and shoulders, tingling in hands, sinus problems, insomnia.
MID BACK...Pain between shoulder blades, rib pain, indigestion or other digestive problems.
LOW BACK...Pain in hips or legs, tingling in legs or feet, constipation, menstral cramps or difficult pregnancy.

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HWY. 15-460W., FARMVILLE, VA.
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Chestnut Grove

Christmas Day supper guest of Mr. and Mrs. Lewis Morgan were Mr. and Mrs. Charles Morgan, Rhonda and Robert of Appomattox; Dave Morgan and Ross and Mr. and Mrs. Dave Morgan Jr., all of Charlotte, N.C.; Terri Morgan of Richmond; Mr. and Mrs. Don Morris and boys of Appomattox.

Mr. and Mrs. Vernard C. Proffitt and Ethel visited Mrs. C.D. Proffitt in a nursing home in Charlottesville Sunday.

Mr. and Mrs. Dale Senger and family visited relatives in Crewe Saturday and joined others for Christmas dinner at the home of Mr. and Mrs. Preston Senger.

Mr. and Mrs. Johnny M. Harris, Aaron and Adam were Saturday supper guest of Mr. and Mrs. A.G. Waycaster of Dillwyn and Sunday supper guest of Mr. and Mrs. Kline Hill of Richmond and also visited his aunt, Mrs. Anna Hippen in Johnston Willis hospital in Richmond.

Visitors Christmas Day of Mr. and Mrs. C. Henson Morris were Mr. and Mrs. Frank Sheppard of Cumberland; Mr. and Mrs. Paul Bowen of De Mossville, Ky., Linda Morris of Richmond and Mrs. John Waycaster and Amy of Farmville and Mrs. C. W. Morris.

Gladys Morris of Bethesda , Md. is spending the holidays with her brother, Bruce.

Christmas Day dinner guest of Mr. and Mrs. W.T. Cook were Mr. and Mrs. William L. Carter of Burkeville; Mr. and Mrs. Craig Jennings, Mr. and Mrs. C. Wayne Cook, Susan, Leslie and Jill all of Richmond, Mr. and Mrs. Edward T. Cook, Kenneth and Randy of Prospect. The Metcalfs had sickness in their family and were unable to join us. We missed them.

Mr. and Mrs. Fred S. Barton, of Richmond, were Sunday visitors of Mr. and Mrs. W. T. Cook.

Sunday supper guest of Mr. and Mrs. C. J. Morris were Mr. and Mrs. Don Morris and boys, Mr. and Mrs. Roger Morris and girls, Mr. and Mrs. C. Henson Morris, Mr. and Mrs. Wilbur St. John, all of Appomattox.

Mr. and Mrs. Paul Bowen and girls, of De Mossville, Ky., are visiting Mr. and Mrs. Calvin W. Morris, Linda Morris, of Richmond, spent the weekend, and Mr. and Mrs. Billy Morris and Rodney, of Richmond, and Mrs. Elsie Middleton, of Fredricksburg, were Sunday dinner guest.

Mrs. Louie Foster, of Farmville, was a guest of Mr. and Mrs. A. N. Morris for supper Friday.

Mr. and Mrs. A. N. Morris joined other members of the Luther Harris family for a family get-to-gether Sunday at the Golden Corral in Farmville and afterwards, most of them gathered at the home of Mr. and Mrs. Terry Shelton.

Mr. and Mrs. Chris Hardiman and Michael spent the weekend with Mr. and Mrs. Ronald Hardiman, of Dillwyn.

Friday supper guest of Mrs. Katherine Carson at Spout Spring were Mr. and Mrs. K. M. Beasley, Jr., Kathy and Kemper III.

Mr. and Mrs. T. C. Beasley, and Cal, of Troutville, spent the Christmas holidays with Mr. and Mrs. Kemper M. Beasley, Sr. and Mr. and Mrs. Kelly Branch, of Buckingham.

KNOW A BARGAIN WHEN YOU SEE ONE? LOOK HERE

MEN'S

SWEATERS
VALUES — SALE
$11.00 — $7.97
$14.00 — $9.97
$15.00 — $10.97
$16.00 — $11.97

KNIT SHIRTS
Sizes: S-M-L-XL
VALUES — SALE
$13.00 $14.00 — ½ PRICE

CORDUROY BELTED SLACKS
Grey, Tan, Blue

DRESS FLANNEL SLACKS
Grey, Brown — SALE
Reg. $18.99 — $13.97

WINTER JACKETS
Values — SALE
$32.00 — $22.97
$27.00 — $19.97
$24.00 — $17.97
$12.00 — $8.97

ONE LOT MEN'S SHOES
Reduced 30% to 50%

BOYS'

WRANGLER STYLED JEANS
Tan & Faded Blue
Sizes: 8-16, 27-30 WST
Values — SALE
$13 to $16 — $8.97

SHIRTS — Velours & Western
Size: 8-18
Reg. — SALE
$7.00 & $8.00 — $4.97

WINTER JACKETS
Values — SALE
$21.00 — $14.97
$24.00 — $17.97

HOUSEWARES

CHAIR CUSHION — SALE
Reg. $4.00 — $2.97
THROW PILLOWS
Reg. $6.99 — $5.27
BATH TOWELS
Reg. $2.79 — $2.23
HAND TOWELS
Reg. $1.89 — $1.37
WASH CLOTH
Reg. $1.20 — 87¢
DUST RUFFLES
Double Size Bed
Reg. $11.00 — $8.27

LADIES'

SWEATERS
Sizes: S-M-L, 36-40, 42-46
VALUES — SALE
$9.00 — $5.97
$12.00 — $8.97
$13 & $14 — $9.97
$15.00 — $10.97
$18.00 — $12.97
$19.00 — $13.97

HANDBAGS
VALUES — SALE
$9.00 — $5.97
$15.00 — $10.97

WINTER JACKETS
VALUES — SALE
$44.00 — $32.97
$34.00 — $24.97
$30.00 — $21.97
$27.00 — $19.97

LIGHT WT. JACKETS
VALUES — SALE
$15.00 $16.00 — $10.97

FLANNEL DUSTERS
VALUE — SALE
$11.00 — $5.50

HOUSE DUSTERS
VALUE — SALE
$9.00 $10.00 — $6.97

HOUSE COATS-Velour & Quilted
Values — SALE
$16.00 — 11.97
$17.00 — $12.97

LADIES' WRANGLER SLACKS
Values — SALE
$24.00 — $17.97
$22.00 — $15.97
$16.00 — $11.97

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MONTHS-TODDLERS-4-6X
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Value — SALE
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$13.00 — $ 9.97
$12.00 — $8.97
$10.00 — $7.97
$9.00 — $6.97

January SALE
MARSHALL'S DEPT. STORE
MAIN STREET — APPOMATTOX, VA.

Zion Baptist

We wish each and everyone a happy new year!

Preaching service was held at the Zion Baptist Church Sunday at 11 a.m. with the pastor, the Rev. Charles Lewis in charge. Everyone enjoyed the service. The Rev. Lewis preached a challenging message.

The Senior Choir rendered beautiful music. Rev. Lewis thanks each and everyone for the gifts he received for Christmas.

Mrs. Barbara Wesley and Mr. Walker are on the sick list.

Mrs. Bessie Coles was rushed to the Lynchburg General Hospital Sunday morning.

Mr. Andrew Mack has been sick but was able to be out Sunday and thanks everyone for the cards, prayers and phone calls.

The church meeting will be the third Saturday in January at 2 p.m.

You are cordially invited to attend prayer service each Thursday at 7:30 p.m. at Zion Baptist Church.

Our sympathy goes out to the family of Mrs. Virginia Pennix. The funeral was held Monday at 3 p.m. at Mt. Airy Church.

A lot of out of town people were home for the holidays.

St. Luke

First Sunday services at St. Luke Baptist Church were attended by a great number of members and friends.

The Rev. Carlton Johnson was in charge of the service and the Senior Choir provided beautiful music for the occasion. The Young Adult Ushers were in charge.

The Rev. Lydell Hubbard and the Rev. Dixon were guest ministers.

The text used by the Rev. Johnson was taken from Matthew 6, and the title of the sermon was "Build Your Hope On Things Eternal."

During the Christmas holidays, Mr. and Mrs. Samuel Canada were visited by their children and grandchildren: Mr. and Mrs. Wesley Canada and children from Richmond; Mr. and Mrs. Alfred Canada and children; Mr. Greg Canada and Shirley Hubbard; These children and grandchildren also visited their grandmother, Mrs. Louise Canada.

Deacon Alfred Canada, Mrs. Louise Canada, Mrs. Samuel Canada, and Shirley Hubbard attended Hills Creek Baptist Church Dec. 24.

The Senior Choir and others surprised Mrs. Louise Canada on her 81st birthday with a gift envelope on Jan.2

The Senior Choir will meet Thursday, Jan. 6 at 7 p.m. for practice.

On the second Sunday, Jan. 9 at 5:30 p.m., a regular preaching service will be conducted, and officers for the coming year will be installed at Jordan Baptist Church.

The Young Adults Choir will rehearse Jan. 11 at 7 p.m.

County Line

Mr. and Mrs. Floyd Mayberry had their Christmas supper in Lynchburg Dec. 24. All their children, grandchildren and great grandchildren were present for the occasion.

Mrs. Sarah May and Mrs. Georgia Mann visited Mr. and Mrs. Butch May Thursday afternoon.

Mr. and Mrs. Robert Mann and family of Federicksburg spent a few days with Mr. and Mrs. Henry Mann.

Missy Layne of Forest spent a few days last week with Mr. and Mrs. Richard Nash.

Mr. and Mrs. Olaf Waddell of Florida visited Mr. and Mrs. Richard Nash Thursday night. Mrs. Margie Goggin visited in this home Friday afternoon.

Relatives from out of state spent last week with Mr. and Mrs. Clarence Jones and Bruce.

Mr. and Mrs. Pete Banton and Phillip visited Mr. and Mrs. Early Banton Wednesday night. Mr. and Mrs. Banton had dinner with Mr. and Mrs. Ronnie Carter Thursday night of South Boston. They had dinner with Mr. and Mrs. Lewis White of Forest Friday night.

Mr. and Mrs. James Crist and Evelyn White had lunch with Mr. and Mrs. Pete Banton and Phillip Tuesday.

Dinner guests of Mr. and Mrs. Pete Banton New Year's Day were Mr. and Mrs. Early Banton, Mr. and Mrs. Howard Banton and Sharon Banton. Mr. Emery Mullins visited also.

Mrs. Kathy Evans and girls and Nellie Nash and Dawn Kerr visited Mr. and Mrs. Pete Banton and Phillip Sunday afternoon.

Mrs. Elliott Nash, Dawn Kerr and Loyd Nash visited Mrs. Fannie Kerr Tuesday night.

Mrs. Emery Mullins is on the sick list as are Mr. Roger Covington land Mr. Booker Jones. Our prayers and best wishes for a speedy recovery to all of them.

Loyd Nash went to the doctor on Monday. Glad he is feeling better.

Mrs. Cecil Nash and girls visited her family of Appomattox on Sunday.

Jordan news

Services held at Galilee Baptist

Impressive New Year services were held at Galilee this past Sunday. A beautiful crowd attended. Many churches throughout the community were represented. Pastor Davis delivered a message that will serve as an inspiration for the coming year. The Senior and Junior Choirs rendered stirring selections. The services were culminated by a testimony period praising the Lord for his goodness.

We are happy to report that our Sunday School is making great improvements. The school is growing and 1983 promises to be a wonderful year for our Sunday School. We need the support of all members and friends.

The Appomattox Branch of the NAACP will meet on January 10 at 7 p.m. in the fellowship hall.

Installation of officers will be the main feature of the meeting. Please attend to meet your new officers. Immediately following the meeting a brief session of the Voters League will be held.

Don't forget the church meeting on January 15 at 5 p.m.

Our bus service is growing. Should you need assistance, contact Mr. Allen, Mr. Andrews or Mr. Johns.

The Senior Choir has completed their plans for the year and have some interesting projects for the improvement of the church and community program.

The youth department is on the upswing and we are asking more young people to join our organization. We have planned many youth activities for 1983.

The sick of our community are improving. Let us continue in prayer one for another.

Our sympathy is extended to the families of Mrs. Virginia Pennix and Mr. James Cardwell. Have a pleasant week and may God continue to shower his blessing upon al of us. "Rest in the Lord and wait patiently on Him."

Important Notice For Continental Telephone Customers

A New Way Of Doing Business

Effective January 1, 1983, Continental Telephone of Virginia and other regulated telephone companies must change the way we do business. This is a result of a Federal Communications Commission decision to "deregulate" telephone equipment.

Under tariffs filed with the Virginia State Corporation Commission, Continental Telephone of Virginia will continue to lease any items of equipment which are in service as of January 1, 1983. After that date, new customers and existing customers requesting additions to their service will have to purchase the desired item. You can buy telephone equipment from Continental or from some other supplier.

If you are now leasing your telephones from Continental, you may continue that arrangement. You also have the option of purchasing your existing equipment or buying new equipment. By purchasing your telephone equipment, you will avoid the monthly rental fee for that item, $2 for a rotary telephone and $3 for a pushbutton telephone.

If you are a party line customer and wish to buy new telephones, modifications may have to be made in the equipment to make it compatible with your party line service. If modification is required, there will be a charge.

Continental provides a 90-day warranty on all new purchased equipment. Maintenance contracts will be available after the warranty period. Maintenance of equipment purchased from other suppliers is the customer's responsibility.

At Continental's Phone Fairs, we offer a wide variety of phones and accessories. Standard and decorator phones, automatic answering equipment, automatic dialers, two line telephones and other accessories are available.

Please call your telephone business office with any questions you may have.

Continental Telephone of Virginia

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